



The Franciscan Center November 2018 Fitness, Aerobic & Wellness Schedule

Sunday Open 8 am-4 pm	Monday Open 6:30 am-7:00 pm	Tuesday Open 6:30 am-7:00 pm	Wednesday Open 6:30 am-7:00 pm	Thursday Open 6:30 am-7:00 pm	Friday Open 6:30 am-7:00 pm	Saturday Open 8 am-4 pm
Weight equipment in the Fitness Room is reserved from 11:30 – 2:00 pm Wednesdays for the Weight Training Classes	*Sign-up for both Weds and Friday Weight/Strength Training classes will be available following the class of the previous week.	M (Member): Classes are open to Franciscan Center Members, Silver Sneakers/ForeverFit, Premier, Optum and Silver&Fit Members Only O (Open): Open to Franciscan Center Members, Silver Sneakers/Forever Fit and Silver & Fit members, St. Leonard residents & non-residents Most classes are 45 minutes long If you have any questions, please call 436-2203		1 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 10:00 am Walka Walka - O 1:30pm S Sneakers Yoga-M	2 8:30 am Women's Strength Training-M 9:30 am Indoor Cycling -M 10:30am Women's Strength Training-M 12:00 pm Beg. Line Dance-O 1:00 pm Int. Line Dance- M	3 8 am – 4 pm Open Fitness- M
4 8 am – 4 pm Open Fitness- M	5 8:30 am S Sneakers Classic-M 10:00 am Yoga for Bone Health -M 12:30 pm 30-Minute Core-M 1:00 pm Total Body Workout M	6 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi -M 10:00 am Walka Walka-O 11:30 am Cardio Mix -M 1:30pm SS Yoga-M	7 8 am Silver Sneakers Classic-M 11:30 am Weight Training -M *Sign Up Required 12:30pm Core Stability Plus -M 1:00pm Weight Training - M *Sign Up Required 2:00 pm Yoga Basics Cancelled 6:00 pm Indoor Cycling	8 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 10:00 am Walka Walka - O 1:30pm S Sneakers Yoga-M	9 8:30 am Women's Strength Training-M*Sign Up Required 9:30 am Indoor Cycling -M 10:30am Women's Strength Training-M *Sign up Required 12:00 pm Beg. Line Dance-O 1:00 pm Int. Line Dance- M 9:00- 4:00pm Holiday Bazaar	10 8 am – 4 pm Open Fitness- M 9:00 am -2:00 pm Holiday Bazaar
11 8 am – 4 pm Open Fitness- M	12 8:30 am S Sneakers Classic-M 10:00 am Yoga for Bone Health -M 12:30 pm 30-Minute Core-M 1:00 pm Total Body Workout M	13 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi -M 10:00 am Walka Walka - O 11:30 am Cardio Mix -M 1:30pm SS Yoga-M	14 8 am Silver Sneakers Classic-M 11:30 am Weight Training -M *Sign Up Required 12:30pm Core Stability Plus -M 1:00pm Weight Training - M *Sign Up Required 2:00 pm Yoga Basics-M 6:00 pm Indoor Cycling 6:00 pm Alzheimer's Presentation	15 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 10:00 am Walka Walka - O 1:30pm S Sneakers Yoga-M	16 8:30 am Women's Strength Training-M*Sign Up Required 9:30 am Indoor Cycling -M 10:30am Women's Strength Training-M *Sign Up Required 12:00 pm Line Dance-O 1:00 pm Int. Line Dance- M	17 8 am – 4 pm Open Fitness -M
18 8 am – 4 pm Open Fitness-M	19 8:30 am S Sneakers Classic-M 10:00 am Yoga for Bone Health-M 12:30 pm 30-Minute Core-M 1:00 pm Total Body Workout-M	20 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi -M 10:00 am Walka Walka - O 11:30 am Cardio Mix -M CANCELLED 1:30pm SS Yoga - M	21 8 am Silver Sneakers Classic-M 11:30 am Weight Training -M *Sign Up Required 12:30pm Core Stability Plus -M 1:00pm Weight Training - M *Sign Up Required 2:00 pm Yoga Basics-M 6:00 pm Indoor Cycling	22  CLOSED	23 8 am – 4 pm Open Fitness -M NO CLASSES	24 8 am – 4 pm Open Fitness -M
25 8 am – 4 pm Open Fitness-M	26 8:30 am S Sneakers Classic-M 10:00 am Yoga for Bone Health-M 12:30 pm 30-Minute Core-M 1:00 pm Total Body Workout M	27 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi -M 11:30 am Cardio Mix -M 1:30pm SS Yoga-M 5:30 pm Stress Relief for Caregivers of Cancer Patients	28 8 am Silver Sneakers Classic-M 11:30 am Weight Training -M *Sign Up Required 12:30pm Core Stability Plus -M 1:00pm Weight Training - M *Sign Up Required 2:00 pm Yoga Basics-M 6:00 pm Indoor Cycling	29 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 1:30pm S Sneakers Yoga-M	30 8:30 am Women's Strength Training-M*Sign Up Required 9:30 am Indoor Cycling -M 10:30am Women's Strength Training-M *Sign Up Required 12:00 pm Line Dance-O 1:00 pm Int. Line Dance- M	Legend Black: Beginner Blue: Intermediate

Franciscan Center November 2018 Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The lap pool is available for Open Swim throughout the day when there is no class in session	Legend: BLACK: Beginner BLUE: Intermediate	*Gentle Movement for Healing is a class for participants with a referral from their doctor at Miami Valley Hospital South Cancer Center only. Therefore, the lap pool will be closed at these times.		1 12:30 pm Water Aerobics-M	2 12:30pm Water Flexibility-M	3 8 am-4 pm Open Swim- M
4 8 am-4 pm Open Swim- M	5 10:30 am Aqua Gym-M 11:30 am Gentle Movement for Healing *MVHS Physician Referral Only	6 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O	7 11:30 am Aqua Gym –M CANCELLED 5: 00 pm Gentle Movement for Healing * MVHS Physician Referral Only	8 12:30 pm Water Aerobics-M	9 12:30pm Water Flexibility-M 9:00– 4:00pm Holiday Bazaar	10 8 am-4 pm Open Swim- M 9:00 am -2:00 pm Holiday Bazaar
11 8 am-4 pm Open Swim- M	12 10:30 am Aqua Gym-M 11:30 am Gentle Movement for Healing *MVHS Physician Referral Only	13 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O	14 11:30 am Aqua Gym –M 5: 00 pm Gentle Movement for Healing * MVHS Physician Referral Only 6:00 pm Alzheimer's Presentation	15 12:30 pm Water Aerobics-M	16 12:30pm Water Flexibility-M	17 8 am-4 pm Open Swim- M
18 8 am-4 pm Open Swim- M	19 10:30 am Aqua Gym-M 11:30 am Gentle Movement for Healing *MVHS Physician Referral Only	20 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O CANCELLED	21 11:30 am Aqua Gym –M 5: 00 pm Gentle Movement for Healing * MVHS Physician Referral Only	22  CLOSED	23 8 am-4 pm Open Swim- M NO CLASSES	24 8 am-4 pm Open Swim- M
25 8 am-4 pm Open Swim- M	26 10:30 am Aqua Gym-M 11:30 am Gentle Movement for Healing *MVHS Physician Referral Only	27 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O 5:30 pm Stress Relief for Caregivers of Cancer Patients	28 11:30 am Aqua Gym –M 5: 00 pm Gentle Movement for Healing * MVHS Physician Referral Only	29 12:30 pm Water Aerobics-M	30 12:30pm Water Flexibility-M	